



Enfield Senior Center News

April - June 2006

299 Elm Street - Enfield, CT 06082 - 860-763-7425

Senior Center Hours

Monday - Thursday 8 a.m. to 8 p.m.
Friday 8 a.m. to 5 p.m.
Office opens at 8:30 a.m.

Monday, April 3 • 6:30 - 8 p.m.

Arthritis: Medical & Surgical Management

Presented by Robert McAllister, M.D.

Do you experience joint pain? Join orthopedic surgeon Robert McAllister as he discusses current treatment and management options for people with arthritis.

Monday, April 3 • 6 - 8 p.m. or
Wednesday, April 5 • 6 - 8 p.m.

Reinventing Retirement

Presented by Esther Alaimo

With the wave of people moving toward retirement, it's important to plan ahead to maintain the same quality of living, for you may be retired for 20 years or more. Learn what you'll need for retirement including Social Security, personal savings, pensions, what to do to increase your retirement income, where to start and how to get organized.

Monday, April 10

Protecting Yourself & Others

Complimentary light dinner 5 p.m.
Presentation to follow

Sponsored by Enfield Commission on Aging and TRIAD

Get free tickets in the office

Monday, April 24

Breaking the Age Barrier, Seniors & Cancer

More information will be available in our weekly newspaper column.

Evening Blood Pressure Clinics Wednesdays

**April 12 • May 10 • June 14
6 - 8 p.m.**

Provided by
Visiting Nurse & Health Services of CT
Vernon, CT

The Center will be closed on: Friday, April 24 and Monday, May 29

Spring has Sprung and we have scheduled some interesting workshops and seminars for you. We welcome you to attend one or all. Please sign up ahead so we can have enough handout materials. For the dinner nights, please stop at the office and pick up your free ticket.

Wednesday, May 3 • 2 - 3:30 p.m.

Healthy Aging: The Science and Philosophy

Presented by Carol Tyler, M.A., R.D.

We will explore why we age, resisting the aging process and the value of aging well.

Wednesday, May 10 • 2 - 3:30 p.m.

Healthy Aging: How to Age Gracefully

Presented by Carol Tyler, M.A., R.D.

Discover habits you can incorporate to ensure healthy aging, including tips on nutrition, supplements, exercise, reducing stress and enhancing memory.

Monday, May 15 • 2 - 3:30 p.m.

Know your Nutrition Diabetes Seminar

**Presented by Sue DeCarlo, M.S., R.D.,
CDE from Bayer HealthCare, Diabetes Care Division**

This program is designed to help people with diabetes understand the role of nutrition in diabetes management and to use basic carbohydrate counting skills to achieve good blood sugar control. Topics include basics of good nutrition, carbohydrate counting, reading food labels, and keeping a food record. There will be a demonstration of blood glucose meters and free meter upgrades. Light refreshments will be served and all participants will receive a free set of measuring cups from Bayer HealthCare at the end of the seminar.



Wednesday, May 17 • 2 - 3:30 p.m.

Healthy Aging: Spiritually

Presented by Carol Tyler, M.A., R.D.

Connect with the unchanging essence within you. We will look at ways to enhance spiritual health and wellbeing.

Monday, June 5 • 6:30 - 8 p.m.

Dessert with the Doctor

Diabetic Foot Health

Presented by Robert Marra, D.P.M.

Get an overview of current thoughts on proper foot care. Join Dr. Marra as he discusses current diagnoses and treatments for foot problems. Refreshments will be served.

EVENING FOOT CARE

April 5 • May 10 • June 7

4:30 - 8 p.m.

By appointment

A registered nurse will trim your nails and check for foot health problems. Cost is \$27.



Senior Center Phone List:

Main Office..... 763-7425

Community Café 763-7425

Lunch Reservations

Call by noon the day before

Craft Room 763-7437

Fitness Room 272-3554

Game Room..... 272-3541

Meals on Wheels..... 763-0400

SeniorNet Computer

Learning Center 763-7425

Trips 763-7438

FAX 763-7429

Website

<http://www.enfield-ct.gov>

Scroll down to Senior Center

Current Events Discussion Group

**2nd & 4th Mondays @ 2:30 p.m.
Wellness Room**

Join our group for lively discussions of world events. A new topic will be covered at every meeting.

New members are welcome to drop in. No registration is necessary.

April 10 & 24

May 8 & 22

June 12 & 26

Train Club

**Last Tuesday every month
6 - 7 p.m.**

A hobby club for train enthusiasts. Socialize with others who share your interest in trains.

April 25 • May 30 • June 27



SENIORNET COMPUTER CLASSES

SeniorNet is a nonprofit organization located in San Francisco whose sole purpose is training older adults in computer technology. Anyone who takes classes at the Senior Center is required to join SeniorNet for an annual fee of \$40. Membership applications and information are available in the office.

See the enclosed flyer for a listing of classes.

Computer Tech Talk

If you have a computer question, or need help, SeniorNet volunteer Don Chase can help. Please sign up in the office, give us a brief description of your problem; and he'll try to come up with a solution at the next meeting.

**2nd Thursday 3:30 - 5 p.m.
April 13 • May 11 • June 8**

Enfield Single Seniors

All seniors are invited to join this new group, which meets monthly in the Senior Center Dining Room for....

**Socialization ♦ Icebreakers ♦ Outings ♦ Just plain fun
3rd Wednesday 6 - 8 p.m. ♦ April 19, May 17 & June 21**

For information, call Ben Perreault, Coordinator 745-4261

Investment Club

2nd & 4th Thursdays ~ 2 p.m.

Share information - Discuss investments

This new group, begun in December, meets twice monthly. We are pleased to have David Menaker lead these meetings. No money is collected or pooled, as this group meets for discussion only. Join others to learn about smart investment strategies.

April 13 & 27 • May 11 & 25 • June 8 & 22



Enfield Senior Center Craft & Bake Sale May 6 • 10 a.m. - 2 p.m.

**Shop for Handcrafted Gifts, Sweets & Goodies made by
our talented volunteers**

**While here,
Have breakfast**

8 a.m. - Noon

Lions Club Pancake Breakfast

or purchase a plant

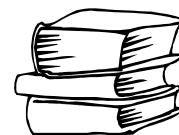
9 a.m. - 1 p.m.

Enfield Garden Club Plant Sale



Book Discussion Group

**3rd Monday
5 - 6:30 p.m.**



April 17 • May 15 • June 19

April book

All the Pretty Horses
by Cormac McCarthy

May book

Amy and Isabelle
by Elizabeth Strout

June book

A Bend in the Road
by Nicholas Sparks

Books may be picked up at the
Enfield Public Library on Middle
Road.

SPRINGTIME JOURNEYS

More detailed fliers available in the lobby

April 24 - May 1

Grand Irish Rover

Visit Dublin, Killarney, Blarney Castle, Bunratty Castle, Ring of Kerry, Waterford & the Cliffs of Moher. Hotel, 6 breakfasts & dinners.

**Signup ongoing as space allows
\$1799 per person, double**

April 30

Italian Fest 2006

Wine tasting, a six-course dinner at Magnanini Farm Winery in the Hudson River Region and an afternoon of live accordion music & dance.

\$85 per person

May 3

The Odd Couple

See this year's smash hit on Broadway! You may add an optional lunch at Les Sans Culottes, a charming French café located in the heart of Manhattan's theater district.

\$169 per person without lunch

\$194 per person with lunch

May 9

Cruising with Lady Luck

Depart from Lynn, MA and enjoy a day on board Horizon's Edge, the nation's newest and most exciting entertainment and casino vessel. Fine quality cuisine, live entertainment, beautiful outdoor decks and Las Vegas style casino action, including black jack, roulette, craps and 180 slot machines will fill your day with fun. Lunch and entertainment are included in this six-hour cruise.

\$49 per person

June 11

Balloon & Music Festival

We'll go to the Big E grounds in West Springfield, MA, to enjoy a spectacular flotilla of approximately 50 colorful hot air balloons, entertainment, food, arts & crafts, and concert. Details to follow.

Setback Tournament

Monday, May 22 · 5 - 8 p.m.

1st, 2nd & 3rd Prizes

Gift Certificates

Refreshments

\$2 per person

Sign up & pay in the office

June 13-14

Lobster Lovers & Lighthouses

On day one a Harbor Cruise departs from historic Portsmouth, NH and continues at the Lighthouse Depot Shop with arrival at the Meadowmere Resort for an afternoon wine and cheese party and evening lobster bake. Day two features a trip up the coast to the harbor city of Portland, lunch at Warren's Lobster House in Kittery, followed by a visit to Lenny the Moose, providing a "sweet" ending.

Signup April 30 10-11 a.m.

\$229 per person, double

June 25

New York by Wheel & Water

Experience the Big Apple from both sides! A New York City guide boards the motorcoach for a tour of Manhattan to share the rich history of Broadway, the Empire State Building, Greenwich Village & more. Savor a scrumptious lunch at DaRosina, the premier Italian restaurant in the heart of the theater district. An afternoon Circle Line cruise around the isle of Manhattan provides a view from the other side and a close encounter with the Statue of Liberty. Sail down the Hudson, cruise around the Battery, up the East River, past the South Street Seaport and under the Brooklyn Bridge.

Signup April 17 10-11 a.m.

\$85 per person

July 9

Boston Whale Watch

Stroll the sidewalks of fashionable Newbury Street in Boston, explore Freedom Trail landmarks or meander through a museum. Lunch may be purchased at Fanueil Hall Marketplace from a choice of 21 restaurants. Then on to a 3-hour whale-watching excursion to Stellwagen Bank, feeding ground of the world's largest mammals. Research scientists will be on board to tell you about the different types of whales, their behavior and what to watch for during the sighting.

Signup May 4 10-11 a.m.

\$65 per person

AARP Driver Safety Courses at the Center

May 30 & 31

1 - 5 p.m.

Call 763-4281 to register

Crazy Whist

Thursday

April 27 &

June 29

1 - 3 p.m.

Refreshments

Lots of fun!

Call office to reserve table

Bingo!

Tuesdays 6:30 p.m.

Doors open 5 p.m.

\$150 Early Bird Bonanza

4 \$100 Specials

Winner-Take-All

Weekly Progressive Game

up to \$2000

Free Quicky Game

*All proceeds benefit Senior Center
programs & services*

See you there!

Card Party

Thursday

May 25

12:30 - 3:30 p.m.

Pick the game of your choice &

Get ready for a fun afternoon

No charge for this event

Call office to reserve a table



AARP Chapter 1209

Monthly meetings 1:30 p.m.

Senior Center Great Room

April 20 • May 18 • June 15

Monthly Potluck Supper 5:30 p.m.

Senior Center Dining Room

April 6 • May 4 • June 1

President: Henry Beaudry 745-0514

Trips: Pat Hutcheon 741-6536,

Rose Reis 745-6821

AARP chapter 3062

Monthly meetings 1:30 p.m.

Senior Center Great Room

April 6 • May 4

June 1-Installation at Chez Josef

Monthly Potluck Suppers 5:30 p.m.

Senior Center Dining Room

April 12 • May 10 • June 14

President: Evelyn Wheat 745-3856

Trips: Carol Welsh 745-6294

3rd Annual Enfield Firefighters Picnic

Wednesday

June 28

at Noon



**Entertainment by
Rod Henry Band**

Rain or Shine

Enfield Fire Station #2

199 Weymouth Road

Bring blankets & chairs

Sponsored by

Five Enfield Fire Departments

Free tickets available in the office

Desserts & Dancing Sunday, April 2

2 - 4 p.m.

Enjoy luscious desserts & dance to
the sounds of Memories Band

\$4 per person

Co-sponsored by the

Enfield Junior Women's Club

Disco Fever

Monday, June 26 • 6:30 p.m.

Rotary Park

All-Star Dyn-O-Mite Review

will perform the music of

Abba, Village People, KC and the

Sunshine Band

Free Concert

Sponsored by the Enfield Cultural

Arts Commission

Bring Chairs or Blanket

In case of inclement weather,

event will be moved inside

Jazz Brunch Buffet

 **Saturday, April 29**

11 a.m. - 1 p.m.

Enjoy a delicious breakfast buffet
& listen to the sounds of the
Enfield High School Jazz Ensembles

Menu:

Scrambled Eggs, Home Fries, Carved
Ham, Bacon, Danish, Bagels, Juice,

Coffee & Tea

 **\$7 per person** 

Afternoon Dances

Fridays

2 - 4 p.m.

April 28

May 12

June 9

June 23

\$2 at the door

*Dance to the sounds
of keyboardist
Ritchie Mitnick*

Refreshments

Armed Forces day Dinner Dance

Friday

May 19

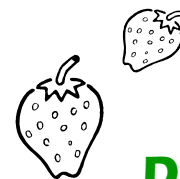
Dinner 5 p.m.

Roast Loin of Pork, Candied
Sweet Potatoes, Vegetable,
Beverage & Chocolate Mousse
for Dessert

Dancing 6 - 8 p.m.

Rod Henry Band

\$12 per person



Strawberry Festival Dinner Dance

Friday, June 16

Dinner 5 p.m.

Grilled Chicken Breast with Fruit
Salsa, Rice Pilaf, Fresh Seasonal
Vegetable, Beverage & Strawberry
Shortcake for Dessert

Dancing 6 - 8 p.m.

Stan Scott Band

\$12 per person



MOVIE NIGHTS

Monday, May 1 • 5:30 p.m.

Make-your-own ice cream sundaes &
watch

In Her Shoes

\$2 per person

Monday, June 12 • 5 p.m.

We'll have pizza from Danny's & watch

O Brother Where Art Thou

\$2 per person

Get tickets in office